



The \$10 Grocery List

Eat Healthy on a Limited Budget

*Brochure developed by Senior Services Of Snohomish County

Shopping Rules of Thumb:

- Stick to the outer aisles of the grocery store to avoid highly processed foods.
- Your protein dollar tends to be the most expensive, so cut your cost by eating less meat. Use more dried beans, split peas and lentils as they are nutritious, less expensive, and easy to prepare. Eggs, cheese and peanut butter are also good protein sources.
- The best buys in whole grain cereals are generally rolled, shredded, or flaked without added sugar.

Foods Found on a \$10 Shopping List:

Dried Beans/Split Peas	Wheat Bread	Non-Fat Powdered Milk	Raisins / Dried Plums
Rice (White or Brown)	Canned Vegetables Green Beans, Corn, Peas, Tomatoes	Canned Fruit Peaches, Pears, Apple Sauce	Fresh Fruit Apples, Pears, Bananas, Oranges
Canned Tuna	Frozen Vegetables Mixed Vegetables, Peas & Carrots, Green Beans & Spinach	Fresh Vegetables Carrots, Cabbage, Lettuce, Yams, Celery, Potatoes, Onions	

Cost Saving Tips

Fuel-4-You

- Look for generic or in-store brands. These are less expensive than name brands.
- Plan your menu by looking at the store flyer for items on sale.
- Clip out coupons.
- Remember to look at the unit pricing.

Example: 10-oz package of cereal = \$2.50 (\$3.00/lb)
 18-oz package of cereal = \$2.99 (\$2.00/lb)

You get more food for your dollar when you buy the bigger package.

Eating Health on a Budget is Possible!

- The body functions best when it is fed nutritious foods.
- It is challenging to buy food on a fixed income, but by planning ahead and cutting down on processed foods it is possible to eat well on a limited budget.
- In general the more processed a food is, the higher the price. Avoid pre-packaged items and frozen entrees. Instead, include more fruits and vegetables, whole grains, low fat dairy and lean meats.



Lentil Soup

2 potatoes cut ¼ inch diced	2 carrots, cut ¼ inch diced	2 celery ribs, cut ¼ inch diced
3 garlic cloves, finely chopped	1 med. Onion, finely chopped	2 tablespoons unsalted butter
1 lb lentils, Picked over and rinsed (about 2 cups)		8 cups low-salt chicken broth*

Wash potatoes and cut into ¼ inch dice. In a 5 to 6 quart pot, cook potatoes, carrots, celery, garlic, and onion in butter over medium heat. Stir frequently, until onion is softened (about 4 minutes). Add lentils, broth, and salt and pepper to taste. Simmer uncovered for 45 minutes, or until vegetables are tender and soup is thickened. Serve with whole grain bread.

Makes 12 cups

*Use chicken bouillon cubes if you don't have cans of broth.